



Casper Police Department

Physical Fitness Performance Protocols

Entry Level candidates will have to complete physical fitness tests to identify readiness for the position of Police Officer. The physical fitness tests are all pass/fail. Candidates must complete each test successfully (based on the Wyoming Law Enforcement Academy physical fitness standards based on the 50th percentile) to continue on to the next test. Candidates will perform the following physical fitness test: One minute sit-ups, one minute push-ups and the 1.5 mile run.

Sit-Up Protocol Candidates will lie on your back, with your knees bent at approximately a 90-degree angle. Your feet may be together or apart, but the heels must stay in contact with the surface. A partner will hold your ankles. The tips of your fingers must stay behind the ears, although you may interlock your fingers if desired. When you hear “go”, lift your upper body (head and torso) by bending at the waist, and moving your elbows to or past your knees. Return to the starting position, with your shoulder blades touching the surface. That will constitute one repetition. If you arch your back, lift your buttocks from the mat, move your finger tips forward of your ears, fail to touch the knees, stop to rest in the down position, or fail to touch your shoulders to the mat, you will receive a warning. For any subsequent violation, the repetition will not count. You will have one minute to complete the required number of sit ups. Your monitor will confirm the number you are required to do before you begin. We will announce 45, 30, 15 seconds and count out the last ten seconds.

Push-Up Protocol

Candidates will assume the front-leaning rest position by placing your hands on the surface just outside a straight line down from the shoulders. The back, buttocks, and legs must be in a generally straight line from the head to the heels. The feet may be together or up to twelve inches apart. Females may rest your knees on the mat with your legs crossed. When you hear “go”, lower your body by bending your elbows until the tops of the upper arms, shoulders, and upper back are aligned and parallel to the ground. Return to the starting position by soft-locking your elbows. This constitutes one repetition. You may rest in the up position. If you do not keep your body relatively straight, arch your back, or fail to lock out your elbows, you will receive a warning. For any subsequent violation, the repetition will not count. Your monitor will confirm the number you are required to do before you begin. We will announce 45, 30, 15 seconds and count out the last ten seconds.

1.5 Mile Run Protocol

Candidates will line up behind the starting line. 1.5 miles will consist of 7 ¼ laps around the mezzanine level of the Casper Events Center. At the command “go” start running. Your goal is to complete the 1.5 miles as fast a time as you can. As you complete each lap, your time and number of laps to go will be announced. You may run alongside another runner for help with the pace, but you may not physically assist or be assisted by another runner. After the run, do not sit down or stand still but walk slowly around the outside of the course for one lap. Others could still be running so do not interfere with their progress.